



COPD International

Your International Support Network

You can learn to control COPD, instead of letting COPD control you!

Founded in June of 2002 by seven COPD patients, COPD-International is a nonprofit organization with the mission to provide information and interactive support for COPD patients, caregivers, families and concerned individuals. At COPD International, the patient will not be alone. Organized and staffed by individuals with COPD, caregivers and other individuals interested in COPD, it provides an online, interactive resource of information and support through its chatrooms, message boards, e-mail lists, community forums, a weekly newsletter, a blog, quit smoking and exercise support areas, and an extensive library which is also the permanent home of Bill Horden's COPD-Advocate, (the original COPD Advocate) -- renown for such writings as the COPD Survival Guide.

The website with its 30,000 files (393 mb) features:

- 8 chat rooms with 35 scheduled chats for interactive education and support. Included are special topic chats for newcomers, caregivers and quit smoking support.
- 7 Message boards providing support, help, guidance and answers to specific questions. In addition, there is one message board featuring an off topic area for fun and relief from the subject of COPD.
- 3 List Servers providing 24 hours a day e-mail information and support.
- A Quit Smoking (QSN) program that provides the ongoing support to help kick the habit.
- An Exercise guidance and support program.
- A 3 part Keep in Touch (KIT) program, featuring a master list of contact information, a daily login for those who live alone, and a pen pal program to encourage interaction, especially for those who do not get out.
- A Loving Thoughts program provides a special message center for sending caring messages during tough times. These messages are often printed out and taken to COPDers who are hospitalized.
- A Cheer Bear program which anonymously sends cards and cheerful messages to help people through difficult times as well as sending special messages of thanks or greetings.
- A Welcome Wagon program, staffed by community members, helps new and old website visitors by sharing information and providing website assistance and guidance.
- A Remembrance area, dedicated to all COPD Patients, known and unknown, who have gone on before us.
 - Down through the years, we have lost many of our friends and family to COPD. Many are listed there. Even more remain unknown to us. Some visited using only a nickname, while others remained totally unknown, preferring to read, learn and seek comfort in the knowledge that they were not alone.
- An ever-expanding reference area complete with a searchable Library. Included in the library are;
 - Over 500 files of COPD related information.
 - The Reading Room - With a current news feeds from around the world for COPD subjects.
 - Printable checklists, ranging from questions for your doctor to lists of medical abbreviations that apply.
 - The Personal Experiences pages featuring a collection of articles written by patients and caregivers.
 - A guest articles section featuring educational articles submitted by patients and medical professionals.
 - The Bill Horden Wing - Best known for the COPD Survival Guide, and the COPD Advocate newsletter and website, this pioneer of COPD Advocacy set the standards for providing today's support and information. A wing of the library is now the permanent home of all of Bill Horden's writings. A must read for all, his COPD Survival Guide is referenced on medical websites around the world.
- A weekly email newsletter providing a source for the most current COPD news.
- The COPD-Info blog, with its RSS feed, provides the very latest news, articles and information on COPD.
- Guidance and Support for starting a local area support group including a manual and checklist
- The website has also been optimized for smartphones, iPads, Kindles and smaller tablets. No app to download

To prevent any appearance of bias in providing information and support, advertising is not accepted for this website. Funding is strictly through donations and unrestricted educational grants. Commercial and open selling is also expressly prohibited.

The website deliberately does not require, nor ask for membership, allowing the many, who are shy, embarrassed, or otherwise inclined not to be identified to still receive interactive support and education on their disease, even in anonymity.

COPD International
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